QC

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Sarah Garden helps cancer patients through yoga therapy **P. 12**

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Multicultural Gravelbourg offers snapshot of area's heritage **P. 28**



THE ART OF GIVING

HOW JACQUI SHUMIATCHER CAME FROM HUMBLE ROOTS TO BECOME ONE OF OUR CITY'S MOST GENEROUS BENEFACTORS P. 7

FREE

FASHION

We want to feature your favourite outfit in QC.
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SUMMER FASHION

Margaret Bessai: Layers work from hot to cold

By Ashley Martin

"I think think that when your clothes make you feel comfortable they just give you that extra sense of confidence that's what I strive for" says Margaret Bessai a facilitator at the Dunlop Art Gallery in downtown Regina.

That may never be more true than in the summertime, when staying comfortable can be difficult.

"You're outside and you're sweating, and then you go inside and it's air-conditioned and plus you have to be slightly businesslike at work so it is tricky to manage."

But Bessai is up to the challenge. At work she dons light jackets, cover-ups and her new-found love — scarves.

"You can add the scarves and you can kind of change the outfit completely. It's quite practical because ... you can adjust the scarf to keep you warmer or cooler."

Accessonzing is a habit Bessai picked up when her son, now 12, was little. A closet full of neutrals to achieve a "fairly conservative" style made it easy to get dressed in the morning.

"That was just to help me get up in the morning and be able to pull stuff from the closet and not worry about matching it," says Bessai. "I just really want something that's simple and elegant."

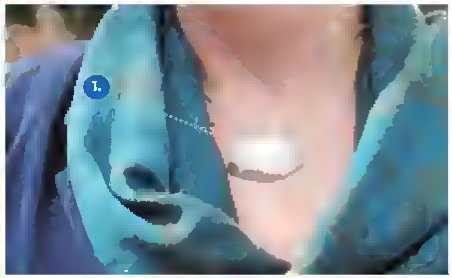
The same goes for dressing up. For art openings, Bessai has a few little black dresses she cycles through for ease.

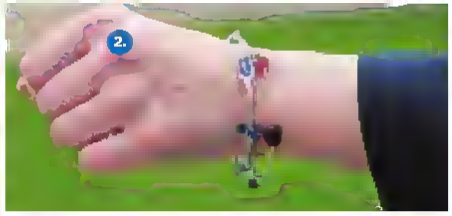
"If you just put on a dress that has a good cut, you can (add a) scarf or some jewelry or different shoes and it always looks elegant but a little bit different."

She picks up clothes at the mall, in vintage stores and at clothing swaps with friends, but is more selective with jewelry.

"A lot of my jewelry is sentimental, it's made by artist friends of mine — I do like wearing something that someone has made, that I know."







Margaret Bessai makes summer layers work QC PHOTO BY ANDREW MATTE

Outfit

1. **NECKLACE** By Deb Potter. "I think this is reclaimed silver but she's done such an elegant job with it, you don't look at it and go 'Oh, that woman's wearing a spoon on her neck.'"
2. **BRACELET** Silver and vintage glass beads, by Jo Anne Lauder.
3. **SCARF** U of R Bookstore. "It's a really retro colour pairing."
4. **SHIRT** From Phoenix, Anz. "Just a simple tank top because it's so hot."
5. **JACKET** The Gap.
6. **BELT** Eddie Bauer. "Every now and then you can go into a store and you can find stuff that you wouldn't expect. This belt was one of them."
7. **SKIRT** From a friend.
8. **SHOES** The Bay.

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ON THE COVER P. 7



Jacqui Shumiatcher, one of the most generous benefactors of the arts in the province, in her Regina home
QC PHOTO BY TROY FLEECE

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MY FAVOURITE PLACE P. 5



Kari-Anne Klassen in Regina's Cathedral neighbourhood, her favourite place in the city
QC PHOTO BY BRYAN SCHLOSSER

QC COVER PHOTO BY BRYAN SCHLOSSER

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IN THE CITY

SATURDAY, JULY 13, 2013 — 12:34 P.M.

Storytime at the Fringe



Erik de Waal, a children's storyteller, performs at Kid's Fringe at the Royal Saskatchewan Museum in Regina. The Regina International Fringe Theatre Festival ran July 10-14 at five venues in town and featured shows from as far away as San Francisco, South Africa and the U.K. QC Photo by Michael Bell

YOUR FAVOURITE PLACE
What's your favourite place in Regina? Email qc@leaderpost.com

MY FAVOURITE PLACE

Connected to Cathedral neighbourhood

By Andrew Matte



Kari Anne Klassen enjoys the atmosphere in the Cathedral neighbourhood of Regina, her favourite place in the city QC PHOTO BY BRYAN SCHLOSSER

Alberta-born Kari Anne Klassen has plenty of experience living in different parts of Regina, which has helped her gain an appreciation for her favourite place in the Queen City.

After moving to Saskatchewan's capital, she lived on campus while she studied kinesiology at the University of Regina. The 31-year-old member of the Regina Riot women's football team spent time living near the Golden Mile and in Cathedral, as well as in the northeast and east end of Regina. But she felt a connection to Cathedral, enough that she recently moved back.

Q *What made you decide to move back to Cathedral?*
A I got a great deal on an apartment. And in Regina, that's hard to find. I had been living in an apartment in the south end. But this one's much bigger. And it comes with parking.

Q *What did you enjoy most about living in Cathedral previously?*
A I just think that Cathedral has a better neighbourhood feel than places like Harbour Landing. It's hard to describe but Cathedral is a place where it's just easy to say hello to your neighbours. If you drive through the streets of some of the newer subdivisions, they are jam-packed with cars.

Q *What do you think about the area's population?*
A I like it because there are lots of young people and lots of families. And kids are able to go to school there. I like it, too, because you can see the same people all the time.

Q *When you aren't at home, what do you like to do?*
A I like to head out to the cool coffee shops, restaurants and that kind of thing.

Q *What's one of your favourite things about the commercial area?*
A I like how you can walk by Roca Jack's and see the same people sitting out front. Always.

Q *What do you like about the residential areas?*
A I love the big trees that hang over the streets and all the cute little houses. You can see people out walking their dogs. You can tell that people who live there really like it. I hear sometimes about the problems that some of the owners have with houses in Cathedral. A lot of the houses need renovating. But I don't think I could ever afford one.

Q *Did you go to Cathedral when you didn't live there?*
A Yes, all the time. I have always liked being a part of it. You have access to everything, whether it's the clothing stores, coffee shops (or) restaurants. Everything you need is within walking distance. There are also some great places that have patios.

INVENTORY

We want to hear from you: Tell us about your local business.
Email qc@leaderpost.com

BODY FUEL ORGANICS

Lana Van Dijk's food journey began when her daughter was a baby. The girl, now 15, was sick all the time, which led Van Dijk to visiting a naturopath, researching food and ultimately opening Body Fuel Organics. "Doesn't everybody who gets passionate about something open a store?" Van Dijk asks, laughing.

In 2005 she opened the store, based on a bin delivery concept for organic produce. Today the store has much more than produce. Its focus is organic, natural, gluten-free and locally sourced food and products — all non-GMO.

Order online at bodyfuelorganics.ca or visit 1307A Ottawa St. Monday through Saturday.


1.


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2. TEA TIME Pukka tea, ethically sourced, unique blends, $6.69

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4. NATURAL NUTS Organic Traditions raw shelled almonds, organic, non-irradiated, $11.25 for 1 lb. bag

5. SKIN SAVER BroccoFusion skin repair products, made in Calgary. Use for after-sun effects, acne, wrinkles, scars and more. Lotion is $27.99

6. COOL OR COOK Three Farmers Camelina Oil, made in Saskatoon. Use to cook in high heat oil or as a salad dressing or dip. Flavoured or original, $15.95

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ON THE COVER

It's an investment in a way. The dividends are the people that come out of it or can use it.
— Jacqui Shumiatcher

JACQUI SHUMIATCHER

Patron of the arts believes in sharing the wealth



Jacqui Shumiatcher and her late husband Morris have donated millions because they preferred to share their wealth. She continues to donate in both of their names to a variety of causes. QC PHOTO BY TROY FLEECE

By Irene Seiberling

It's not the age, It's the attitude

Just ask 90 year-old Jacqui Shumiatcher

The spry nonagenarian — who has the stamina of someone a fraction her age (thanks to a personal trainer) — seems determined to remain forever young at heart while maintaining a positive attitude

"I still am interested in everything," she said with a smile

Constantly on the go a "typical" day (if there is such a thing) for Shumiatcher begins at 5:30 a.m. and winds down anywhere between 10 p.m. and midnight. She supports charity events, attends concerts and plays and participates in meetings and board conference calls

"There's always something," she said.

It's obvious she wouldn't have it any other way.

It's Shumiatcher's big heart — and generous support of Regina's arts community — that has earned her the reputation as one of the Queen City's grand dames of the arts.

Not to say the arts are the only beneficiaries of Shumiatcher generosity. The list is long. And donations aren't limited to local charities and organizations.

How much has been donated?

"I haven't kept track," the gentle, unassuming philanthropist replied when the question was asked.

Estimates are in the millions.

"I guess it could add up to that," she conceded.

"It's money it's gone. I don't think about it after it's gone," she said, matter-of-factly. "We are happy to share."

It is always "we" never "I" when Shumiatcher refers to sharing the wealth. For almost 50 years she was part of the city's leading arts power couple. Even after her husband Morris (known by both friends and foe as Shumi), a prominent Regina lawyer, died in 2004, the legendary Shumiatcher generosity continued. To this day donations continue to be made in both Morris and Jacqui's names.

"I want the two names," Shumiatcher insisted. "We made the money together. And he is still there with me."

"I guess we would be considered wealthy," she admitted.

But rather than focus on amassing more wealth, Shumiatcher said she and Morris preferred to share what they had.

"It's an investment in a way," she explained. "The dividends are the people that come out of it or can use

Continued on Page 8

> It's an investment in a way. The dividends are the people that come out of it or can use it.
> — *Jacqui Shumiatcher*



Ed Minevich (centre), concertmaster with the Regina Symphony Orchestra, plays to sponsor Jacqui Shumiatcher (right) while music director Victor Sawa (from left), executive director Pat Middleton and Ken Azzopardi listen during the 2005-06 Season. QC FILE PHOTO

Sharing has always come naturally to Shumiatcher. Even as a child she would generously share whatever she had.

"My mom said if I had candies, I would give them to everybody and I would have none left for myself," she said. "My brother was the same way."

"I still do that. But now I can go out and buy some more," she added with a chuckle.

Today, Shumiatcher lives in a large, impressive home in a fashionable Regina neighbourhood. Actually, it's two houses transformed into one. The main house was purchased in 1956, and the neighbouring house was connected to it in 1979.

The house contains an amazing art collection — about 2,000 pieces including an extensive collection of Inuit art — all showcased in a gallery-style setting.

Shumiatcher laughed as she recalled the reaction Morris prompted when he started collecting Inuit stone carvings in the 1950s. One friend joked that his buddy had rocks in his head, not just in his vehicle.

Over the years, art was the gift of choice for the Shumiatchers.

"We loved to give art to each other."

Even today, Shumiatcher continues to add to her enormous collection.

"I try not to buy," she said. "But sometimes I can't resist."

Shumiatcher wasn't always privileged. On the contrary, as a child her family was classified as poor.

"I grew up on what was considered the wrong side of the tracks," she said.

"We may have been considered underprivileged or poor by some, but we never thought of ourselves that way," she explained. "We were happy with what we had."

Born Jacqueline Fanchette Clotilde Clay in Vendin-le-Vieil, Pas de Calais, France, she moved to Regina with her family in 1927, when she was not quite four.

She grew up in Regina's North Central neighbourhood, calling the 700 block of Robinson Street home. She went to Kitchener elementary school, then Scott Collegiate.

> We may have been considered underprivileged or poor by some, but we never thought of ourselves that way. We were happy with what we had. — *Shumiatcher*

Moving to Canada was quite a culture shock for the Clay family, who left behind France's brick houses and stone streets for Saskatchewan's dirt roads and wooden sidewalks. The lived in a home with no running water and no indoor bathroom (they used an outhouse year-round).

In 1940, Shumiatcher got her first job. For $1 a day, she taught shorthand and typing at Sacred Heart Academy. Her working career included a fair bit of job hopping — including stints in the audit department of Simpsons department store, checking weather instruments and relaying messages at the airport, working for a mortgage company as well as a bank, and serving as the principal's executive at her old high school.

Then in 1947, responding to an ad in the Leader-Post, she applied for a job at the Legislative Building working for Morris Shumiatcher, a legal adviser to Premier Tommy Douglas.

Not only did she get the job, she got the man. They were married in 1955.

She founded her own managerial company which supported her husband's law firm.

'I was everything not legal — running the office and hiring the staff,' she explained. 'Everything legal had to be done by him."

Even so, she was awarded an honorary Doctor of Laws degree from the University of Regina in 2002.

Both workaholics, the Shumiatchers formed what turned out to be a perfect partnership.

The couple also shared a love of children. Although they never had children of their own, they derived immense pleasure from their many adopted children — the offspring of friends and staff. In fact, Shumiatcher was presented with a 'mother of the year' plaque from her many adopted children, which she proudly displays amid her treasured artwork.

Saturdays were often spent treating a birthday child to lunch, then a visit to a museum or theatre and, of course, birthday cake and a gift, Shumiatcher recalled.

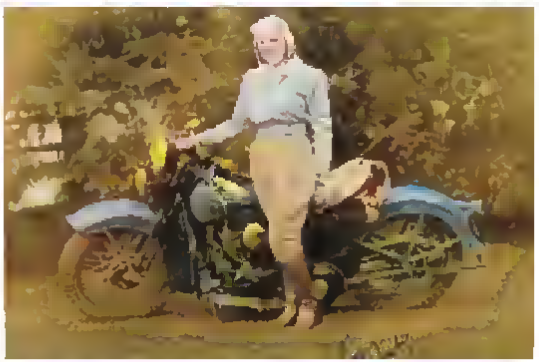
She has shared her passion for arts and culture with young arts enthusiasts in a variety of ways, from funding music scholarships to volunteering as a docent for the MacKenzie Art Gallery, lecturing to Regina schoolchildren.

Continued on Page 10









Various photos of Jacqui Shumiatcher and her family. They lived on the 700 block of Robinson Street in Regina during the 1920s. SUPPLIED PHOTOS

> When we were doing the capital campaign in 2003 to renovate the YW, we targeted $2.8 million to get in order to upgrade this building. And Jacqui was the first one who came on board with a significant donation. — *Deanna Elias-Henry*

Helping nurture a love and appreciation for the arts — for all ages — has been an important part of Shumiatcher's life.

The list of local arts organizations supported by the Shumiatchers — both monetarily and otherwise — is long. It includes the Regina Globe Theatre, the Regina Symphony Orchestra, the MacKenzie Art Gallery, Regina Little Theatre, Lyric Light Opera, Juventus Choirs, the Youth Ballet Company of Saskatchewan and New Dance Horizons.

The Shumiatcher name is on numerous arts sites and events. You may have gone to a recital at the Shu hox Theatre in the Riddell Centre at the University of Regina. Or perhaps you listened to a lecture at the Shumiatcher Theatre at the MacKenzie Art Gallery. If you appreciate art, you've no doubt visited the Shumiatcher Sculpture Court at the MacKenzie. Into performance art? Maybe you've watched a play in the Shumiatcher Sandbox Series at Globe Theatre, or sipped a glass of wine in the Globe's Shumiatcher Lobby. As a music lover, you may have enjoyed a Regina Symphony Orchestra Pops Series concert. Perhaps you've spent time in the Jacqui Shumiatcher Room at the Conexus Arts Centre.



At 90, Jacqui Shumiatcher is as involved in the arts as ever. QC PHOTO BY TROY FLEECE

Ironically, when they started making donations, the Shumiatchers had hoped to remain somewhat anonymous.

"We wanted to be quiet about it."

But then it was pointed out that by making their support visible, the Shumiatchers might encourage others to give as well. So they agreed to allow their name to be used.

In recognition of her longtime support of the arts and culture, Shumiatcher has received numerous awards, including a YWCA Women of Distinction award in 1996 and the Saskatchewan Order of Merit in 2001. She's been serenaded by the Regina Symphony Orchestra. And then-Premier Lorne Calvert called her "a model of citizenship."

Shumiatcher has many fans. Deanna Elias-Henry, executive director of the YWCA Regina, is one of them.

"When we were doing the capital campaign in 2003 to renovate the YW, we targeted $2.8 million to get in order to upgrade this building. And Jacqui was the first one who came on board with a significant donation," Elias-Henry recalled. "Not only that, she sat on the honorary committee, but (also) the working committee, which sat every Monday morning at 7:30. And Jacqui would often attend — when she was 80!"

Elias-Henry praised Shumiatcher, who would lend support and offer direction at committee meetings.

Shumiatcher was also a major supporter of the YWCA Women of Distinction Awards.

Despite sponsorship, the Women of Distinction awards dinner isn't accessible to everyone, Elias-Henry admitted, so the event organizing committee decided to have a reception for the families of nominees.

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> She's very prominently recognized for her role in helping to build what we have today. Not just at the gallery I think in the arts in Regina, and by extension, the arts in the province. — *Jeremy Morgan*

"It was an opportunity to look at all the recipients and their accomplishments, and not in categories," she said. "It gives total breadth to what women are doing in the community."

Shumiatcher sponsored the reception for the first few years.

'So in different ways, she has really recognized that she needs to, because she has the resources to do that and the time, that she likes to become engaged in all aspects of the community,' Elias Henry said. 'So while you talk about the arts and the theatre, she also, I think, is very committed to social issues and to the needs of those who are less fortunate than most of us."

Jeremy Morgan, executive director of the MacKenzie Art Gallery, agrees.

'She's a wonderful presence in the province — in the art world in Canada, I'd say," said Morgan, who became a fan of Shumiatcher's during his almost 11 years with the Saskatchewan Arts Board. "Her impact, not just in visual art, but obviously everywhere in the arts, is significant."

Morgan praised the Shumiatchers for sharing their passion as art collectors.

"I wasn't around when they were almost helping to kick start the arts scene in Saskatchewan — putting art out on the pavement to show it to people downtown. There are wonderful stories," he said.

Morgan described Shumiatcher as "so generous and so helpful — not just generous with resources, but with her time and her advice. She's very far-sighted."

"It's broader than any one activity or discipline or building or space," he added.

The Shumiatcher home is a gallery in and of itself. Morgan said. 'When you're in there, your eyes are just going from one wall, one section, one set of shelves to another, down to the floor and up the ceiling again. Because there's so much work that she and Morris collected over the years.

'Everything in our history, Jacqui's been benevolently involved in our work," Morgan said. "She's a very interesting person. The philanthropy and art patronage aside. She's very aware of where things are going. Particularly in the arts.

'She's very prominently recognized for her role in helping to build what we have today," he said. 'Not just at the gallery. I think in the arts in Regina, and by extension, the arts in the province.

"She's also a very funny, humorous person and great conversationalist," Morgan added. 'Very welcoming and unassuming. She's just very generous in her spirit.



Jacqui Shumiatcher's home is full of art she and her late husband Morris collected and gave to each other as gifts throughout the years. QC PHOTO BY TROY FLEECE







CITY FACES

#HEALTH

Cancer yoga class inspired by mom's journey



Sarah Garden teaches free therapeutic yoga classes for people with cancer at Bodhi Tree Yoga in Regina. QC PHOTO BY BRYAN SCHLOSSER

By Ashley Martin

She was studying fine arts, but she wasn't fine.

When Sarah Garden went to Calgary for university in 1998, she had chronic back pain from a series of three car accidents leading up to that time.

To cope, she started taking a yoga therapy class. It changed her life, in more than one way.

"I was able to do a lot of things I didn't think I'd ever be able to do again," said Garden.

It made such a difference that she decided to change her course and learn to teach yoga therapy.

"It wasn't really where I pictured myself going — (but) after that I couldn't see myself doing anything else," said Garden, who apprenticed in Calgary and India.

When she moved back to Regina with husband Colin Hall, they opened Bodhi Tree Yoga. For 10 years, Garden has helped people with chronic back and neck pain.

Then, almost four years ago, another life-changing moment. Garden's mother, Gail Garden, was diagnosed with breast cancer.

Through her mother's surgery and treatment, Garden used yoga to help rehabilitate her mother's mobility issues (due to numbness, stiffness and scar tissue from surgery) and anxiety. Seeing yoga therapy help her mother, who is now in remission, Garden wanted to broaden the scope.

She decided to start a yoga class for cancer patients, which she has taught since January 2010.

She opted to keep the class free of charge because she didn't want to burden people who already have enough to worry about.

Her students, who number around 100, can come and go as they feel up to it. There is seldom fewer than 15 people in a given class.

One class targets breast cancer, the other cancer in general. It's gentler than a regular yoga class. Garden is mindful of cancer's impact on the body, considering scar tissue, implants, drug side effects and chemo ports, among other things.

The physical aside, Garden is most proud of the community aspect her class provides.

Garden met her husband in the mid-'90s through the Regina punk scene, to which they were both attracted for its focus on social justice and community betterment.

Yoga appealed to both of them for a similar reason — personal transformation extends to community transformation.

"It's really important for us to stay engaged in the community and — make it a really positive place for people to be and to live."

In supporting her mother through breast cancer, Garden realized that the community needed some work. Patients don't often communicate with one another.

"You sort of pass by people in the chemo department, but you don't get a chance to share information or experiences.

"I felt like — other people who were going through the same thing would be able to relate to her differently than I could at that point."

Garden's students support one another and get together outside of their weekly class.

Aside from the physical benefits of yoga, the mental is just as important.

With cancer, "There's a lot more to it than the actual cancer cells. There's all the time when you're not actually in at the clinic, when you're done treatment. That's sometimes the scariest time for people — they're sort of set adrift and they're not really sure what they can do to take charge of their own life."

In yoga, they can learn to meditate through an MRI and to stay in the moment without being drawn to thinking about the worst case scenario.

After three years of offering this class, Garden hopes to expand. She wants to continue working with counsellor Joanne Frederick.

She sees a need for more classes like hers in smaller communities, so hopes to get funding to develop a teacher training program.

ex TREME FUN

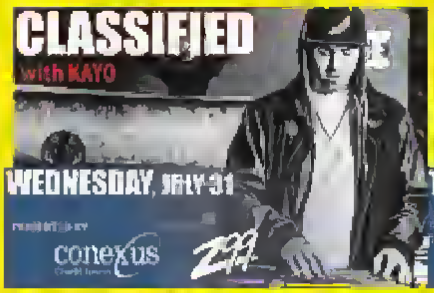
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THE VUDU HOUNDS

Acoustic side project gaining momentum

By Andrew Matte



VuDu Hounds band members (from left) Kolby Kostyniuk, Angus Livingstone, Andrew Darrell and Andre Mejia. QC PHOTO BY DON HEALY

The VuDu Hounds a four piece made up of 20 something Regina men, was formed as a tribute to contrasts

Born out of a jam session between guitar-players Andrew Darrell and Andre Mejia, the VuDu Hounds began playing acoustic versions of songs based on their spirited, electrified originals. The band continued to write originals while still adhering to the acoustic mandate, with the help of bass player Angus Livingstone and drummer Kolby Kostyniuk

The acoustic theme is one of the reasons for the growing popularity of the band, which has enjoyed a spate of recent shows in the Queen City. The band also serves as a perfect diversion for the like-minded musicians, all of whom are members of other Regina bands enjoying similar success

"Sometimes it's a side project. But then it feels like an all-star project," said Mejia, who calls Canadian progressive rock heroes Rush as one of his top influences. "This is definitely not just a side project. But sometimes one band might get more attention than another. But that's OK."

The VuDu Hounds came about after a suggestion during an impromptu writing session with Darrell

"Andrew started to write a few riffs and we started to write a few songs together. So then it became 'Hey, maybe we just start another band," said Mejia, frontman of Regina's Mejia, who enjoys the collaboration that exists among VuDu members

"It's neat that all the guys can contribute with lyrics and that kind of thing," said Mejia. "We bond really well in terms of songwriting. It's nice to have that support especially because so much of our songwriting goes so well together. In my other electric band, I do most of the songwriting."

Among the first songs the Hounds tackled were Free Falling by Tom Petty and Aerosmith's Sweet Emotion

"We tried to take acoustic songs and non-acoustic songs and make them all work within an acoustical arrangement," said Mejia, adding the band sounds like a combination of The Beatles, Green Day and the Eagles

Mejia said it's not uncommon for a new song to come together before deciding which band it's best suited for.

"Because it's all acoustic music it's usually pretty obvious where the music is going to go. So if I have an electric song, I know where it will go," said Mejia, adding the Hounds understand there are occasional competing interests among his bandmates.

"Maybe, there might be a little jealousy or someone might feel weird because one person's band might have a bigger gig or whatever. But we're all friends and we're happy to support each other."

As for the future, Mejia doesn't rule out the potential for dramatic changes, but the acoustic sound is working for the time being.

"Eventually there could be some electric sounds or some piano. But for now, there is enough creativity happening in the band that it seems to work. We're going to make the best of it."

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Message from Mayor Sherry Karpa

On behalf of the Town Council and all citizens of Indian Head I want to encourage you to visit, shop, play and stay in our vibrant, beautiful, growing community. Once you arrive, your visit will be enjoyable and educational. You will find yourself immersed in culture and beauty. The town of Indian Head is proud to display all of its offerings to visitors and residents throughout each season.

Once you have experienced our friendly, outgoing community, you may want to choose to live here now or in the future.

The town of Indian Head can provide all your healthcare needs with medical, hospital, pharmaceutical and dental services. We also have one of the largest and most up-to-date volunteer fire departments along the No. 1 Highway through the help of a joint agreement with our local RM. The local RCMP detachment works closely to monitor our town and surrounding communities to ensure we create a safe environment for all. If education is a part of your needs, we offer a complete K-12 school system, a pre-school program and adult education opportunities provided by the Southeast Regional College. Our community is also very fortunate to have first-class child daycare facilities.

For the recreation minded, we have a beautiful and challenging nine-hole, grass green golf course with full clubhouse facilities and a driving range. Our swimming pool offers services that include recreational swimming hours and swimming instruction classes. Within the next two weeks we will be opening our long-awaited Splash Park, which will be situated in an accessible park area next door to the pool, creating a wonderful, family friendly area in the middle of town.

The Lions Club has provided a multi-purpose outdoor facility that is utilized as an outdoor rink in the winter and for basketball and roller blading, among other things, during the summer. The Elks provide a small playground adjacent to our swimming pool that provides summer entertainment for the youth.

During the winter, the A.J.M. Davies Arena is the focal point, with a skating club and minor, senior and recreation hockey taking place. Construction is being completed on an indoor lift to ensure our facility is accessesable for everyone. A dedicated citizens group is also volunteering their time to build and construct an accessible family change/washroom facility on the second floor. This summer, a group of volunteers has introduced ball hockey to our indoor facility to keep kids active throughout the summer. This type of programming is welcome and encouraged to promote wellness and physical activity for all ages. If curling is what you want, the Indian Head Curling Club offers a wide variety of choices for you. And if soccer is your game, we have that, too. For children and young adults that are not interested in athletic endeavours, we have many activities like Beavers, Cub Scouts, Brownies and Girl Guides, Air Cadets, dance, and much more that can keep their minds and bodies active.

Our many halls offer a wide range of facility sizes for any family or special event you may want to host. Our halls also provide our seniors and organizations with meeting places, walking facilities in the winter and senior activities.

Special attractions in town include the Indian Head Museum, the Rural Sports Hall of Fame, the Bell Barn and our historic walking tour — all must sees for those interested in the history of the area.

Our town is also fortunate to support the arts and culture. If you would like to come and spend the day exploring your artistic side, we can help with that. Local artists and blacksmiths are eager to share their time and talent, providing you with hands-on experience. We have a new Arts Council in town that is very active and will be bringing a concert series to our community within the next few months. You can also check out the theatre for the latest in shows and special events, and the library for its wide range of activities. This summer we are also introducing a farmers market on Fridays.

If just relaxing is on your mind, you can enjoy one of the town's many green spaces, enjoy the services offered by the neighbouring Agriculture & Agri-Food Canada facilities at the Prairie Farm Rehabilitation Administration (PFRA) Shelterbelt Centre or the Indian Head Research Farm, or check out the Campground facilities if RV'ing is your preference. Or maybe you would like to unwind and stay at one of the local B&Bs to rest in a peaceful setting.

One of the unique aspects of our community is our volunteers. Each year, hundreds of residents of all ages dedicate their time and resources to ensure our community stays beautiful, vibrant and safe. Communities in Bloom has been active in creating the buzz around town. Our town has been awarded the prestigious award many times over and continues to work hard to ensure the pride in our community shines on. Many of our service groups also work tirelessly to ensure our parks, cemetery and overall town appearance are maintained at the highest level. Our volunteers also enable us to host many wonderful events each year –

Continued on Page 17



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Message from Mayor Sherry Karpa

Continued from Page 16

parade day, street dance, car shows, winter festivals, pumpkin festivals, Christmas activities, craft shows and more.

If dining is on your mind, we have a variety of establishments that offer North American, Greek, Asian, fast foods and more that will satisfy your palate.

We also have a friendly group of retailers providing all the essentials you require. Check them out, as you may find that unique item you have been looking for.

These are just a few of the amenities we can offer you, and if you are looking for something else, check out our website at www.townofindianhead.com or call our Community Development Office at 306-695-2742.

You will have noticed that our streets are all paved and curbed, and we have newer water lines and upgraded sewer services. You may also notice many people utilizing these great streets for roller blading, cycling and walking, so please be careful when driving around our community.

If you are interested in establishing a residence or a business in town, please contact the Community Development Office or one of our local realtors. We have limited residential lots available, so don't miss out on the opportunity to become part of this great community. The construction phase is also nearing completion on our adult living complex. Indian Head also offers a number of senior assisted-living homes, as well as senior-friendly residences. If it is a business you wish to establish here, we are very willing to discuss incentives that will make it attractive for you to make Indian Head your choice. Please check out our ad for our commercial lot availability.

Once again, we invite you to come and explore our great community, we look forward to seeing you again as you make Indian Head your destination stop or your home. Our door is always open. Welcome.

Mayor Sherry Karpa

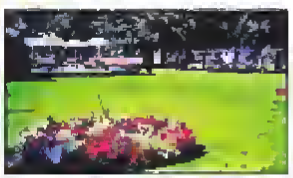


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Experience historic Indian Head on foot

By Carol Todoruk
For L-P Specialty Products

The history of Indian Head is literally laid out in its streets. Now that rich history is more accessible than ever through a walking tour that highlights some of the community's most notable buildings.

Anyone who has ever visited Indian Head has doubtless seen references to "The Historic Bell Barn." But that edifice is more than a tourist attraction; in many ways, it defined the town. The barn itself is located north of Indian Head on highway 56, but its impact on the town can be seen in the street patterns. The streets of most prairie towns form a grid, running parallel and perpendicular to the railway line. But the streets in Indian Head run at an angle, ensuring a shorter trip from town to the Bell Farm.

History can also be seen in the names of those streets, many of which are named for the original investors in the Bell Farm, who had built a grain elevator, flourmill and hotel in the town back in the 1800s. Officially incorporated in 1902, Indian Head boasts a rich and vibrant history with its roots in the land, as evidenced by its continued link to the Bell Barn.

Much of that history is on display in the numerous turn-of-the-century buildings that line those angled streets. All it takes is an hour or so to become acquainted with that history, as a guide for a walking tour is hot off the press for this summer. And, once again, it was the Bell Barn that helped spark interest in the town's other historic properties, prompting a local committee to develop a self-guided tour. "We found that the restoration of the Bell Barn sparked interest in the history of the community and increased the demand for other attractions. With increasing numbers of people moving to Indian Head, we felt it was important to provide more historical information both for residents and for visitors," said Heritage Committee spokesperson Linda Kort.

The tour features 45 historic buildings, all with a story to tell. For example, there's the 1904 two-story brick house on Grand Avenue that an Englishman built for his fiancee. Seems she didn't like the place and went back to England. Then there's the house at 1100 Buxton that was built in 1905 by local architect A.M. Fraser. It's been featured in a couple of movies, such as *Stranger in Town* with Harry Hamlin and Graham Greene.

"It's important to keep history alive," said Kort, pointing out the many "firsts" that Indian Head can claim. One of Canada's first agricultural research stations was established in 1887, on a plot of land bought from the Bell Farm. Research into crops and dry land agricultural practices continues at the Research Station just east of Indian Head to this day. And a tree nursery established in 1901 to supply Prairie farmers with trees for shelterbelts continues to distribute millions of seedlings to farmers each year. At about that same time, meetings held in the newly established town led to the formation of the Territorial Grain Growers' Association, one of the earliest advocacy groups for farmers.

The people of Indian Head take pride in their town and its many historic buildings. And like many other Saskatchewan endeavours, those people show their pride by working together to build a better community. Entirely volunteer-driven, the Indian Head Walking Tour combines information about Indian Head's buildings and its colourful past with opportunities to enjoy the town's natural beauty. Tour booklets are available for a modest fee at the Indian Head Museum, Tourist Information Booth, Bell Barn Interpretive Centre, Town Office and many Indian Head businesses. For more information about the tours or the town itself, check out www.townofindianhead.com, and lace up your walking shoes.


Photo by Dan Loran

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The Town of Indian Head has a long history in Saskatchewan. The first settlers were so eager to move in, they claimed the land a few months before the Canadian Pacific Railway arrived to drop off its first passengers. Now 111 years later, this prosperous prairie town has grown to include every amenity one would expect from a major centre.

"Indian Head has it all," said Cam Thauberger, Indian Head's town administrator. "We have a grocery store, movie theatre, paved roads, a dentist office, a hospital, schools, banks, retail stores, a variety of recreational facilities, you name it, we probably have it. The best part is — the business owners live in town."

Groups such as the Elks, Lions, Masonic Lodge and Royal Canadian Legion have worked hard to develop a strong and vital community. Now, new organizations such as the Communities in Bloom Committee, the Bell Barn Society and the Spray Park Committee are also working to make the town beautiful and pay tribute to the heroes from the past.

Indian Head continues to grow. The new development on the east side of town is filling up with families. "Many families are drawn to the idea of raising children in a safe, small-town community. Parents love the idea that they can send their children to the pool and off to school without worrying about their safety. People really like the idea that they can walk down their street and know everyone in the neighbourhood," said Thauberger.

Summer or winter, there are many recreational and sports activities to watch or participate in.

The Indian Head Golf and Country Club takes excellent care of its high class golf course. The mature trees that encompass the course help to create many challenging and picturesque holes.

The pool is the perfect place to relax and cool down under the hot prairie sun. Adult and children's swimming lessons are available throughout the summer.

The spray park is also a new asset to the town and will be finished this year. Complete with accessible seating, this facility can be enjoyed by everyone.

Jimmy Robison Field is host to many local minor ball activities, and when a minor league game isn't going on, the ball diamonds are busy with local slo-pitch leagues and community games.

The Indian Head High School athletic field is home to Indian Head minor soccer each spring, as well as the recently revived Broncs High School Football team.

The curling rink has four sheets of ice and a variety of leagues that will match any skill level.

The town has both indoor and outdoor skating arenas that can accommodate all winter ice sports. The A.J.M. Davies Arena is one of southern Saskatchewan's best indoor hockey rinks. The arena has some of the best ice in the province, and it's competitively priced.

The Indian Head Research Farm, located east of town, has excellent cross country ski trails that are surrounded by trees. Katepwa Provincial Park, located just 15 minutes north of Indian Head, offers a more challenging ski experience.



The town of Indian Head has it all and more. For more information about the town and services, contact the Community Development Office at 306 695-2742 or visit www.townofindianhead.com.

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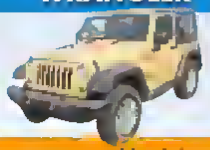
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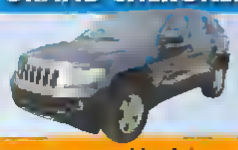
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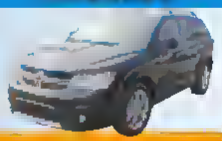
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Town of Indian Head: *A place to call home*

Drive due east from Regina for 68 km and you'll come to the town of Indian Head

The small but thriving community is home to about 1,900 residents, 125 businesses the historic Bell Barn, the famous 3 500-pound Indian Head statue and a picturesque nine-hole golf course that boasts over 30 000 trees.

It was also the shooting location for CBC's comedy series "Little Mosque on The Prairies"

Yes, there's a lot going on in Indian Head, and Chrisandra Simonson is keenly aware of the impact — individually and collectively — that it has on the town

Simonson is Indian Head's community development officer and can reel off an impressive list of local amenities In no time flat hospital, doctors' clinics dental office, pharmacy optometrist, massage therapist, heritage club, RCMP detachment, fire department EMS, K-6 elementary school, Grades 7 to 12 high school, outdoor swimming pool ball diamonds curling rink splash park, movie theatre and service stations

Plus, there's Katepwa Provincial Park, located just 15 minutes north of the town on a paved highway

Indian Head also has an unlimited supply of treated water, as well as paved streets with curbs and gutters — and all streets are cleared of snow within 24 hours of a major winter storm To top it off, the housing costs in many smaller communities — and this includes Indian Head — are lower than in larger centres.

Indian Head currently has residential lots available for purchase In Otterloo Developments, a new development area where some of the town's newest homes are located

"The lots within the Otterloo Development have been selling quite quickly," said Simonson "It won't be long before we sell out and have to look at creating another development."

Where there are homes, businesses are sure to follow, which is demonstrated by the 125 or so businesses that are located In and around the town of Indian Head There is no shortage of shops, including everything from basic groceries to financial services to specialty stores like the Indian Head Floral and Gift Boutique and the Yellow Butterfly Boutique & Design

Indian Head welcomes new business owners to the community and, through the Small Business Loan Association can potentially help with the costs associated with starting a business Current and new business owners can access up to $20,000 over a maximum of five years to purchase relevant business equipment, pay for renovations In buildings and purchase upfront supplies

The business community is also a strong supporter of the community itself Indian Head recently hosted its annual parade day, and the parade featured over 45 businesses organizations and groups The event was a great illustration of the community pride that exists In Indian Head "This year's parade day featured live theatre, face painting and airbrush tattoos, dino-bouncers, fair food, a craft market, a slow pitch tournament, and beer gardens" said Simonson.

"To top it off, we ended the day with a street dance None of this would have been possible without the help of our local volunteers, businesses, groups and organizations."

When you add it all up, Indian Head is a great place to call home — whether you're a resident, a local business owner or just happen to be visiting for a short while.



Photos supplied by Indian Head Community Development

INDIAN HEAD OPEN HOUSES



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Uncovering the past key to Indian Head's future

By Andrew Livingstone
For L-P Specialty Products

Much of Saskatchewan's history is embedded in its small towns, but that heritage must be uncovered in order to be appreciated in the present. Through the non-profit corporation Indian Head Main Street Revitalization Inc., the town of Indian Head has begun the process of revealing and restoring its valuable and unique historical architecture.

The government of Saskatchewan's Ministry of Parks, Culture and Sport is assisting Indian Head in the revitalization effort. "It's a combination of an operating grant and a capital grant," said Tara-Leigh Heslip, program coordinator. "The capital funding makes it feasible for property owners to restore the buildings of our old commercial district here in Indian Head. This process is exciting for all residents to watch.

"Some of our blocks of buildings are from the late 1800s to the early 1900s, and those are our primary focus on restoring and bringing back to the character that they originally were to some degree, and then others to the most predominant historic period that they're recognized for."

The less tangible elements of the program enable the town to actively work on economic and cultural development. "We have what is now our Nite Hawk Theatre, and it's been the movie theatre here in town since the '30s, but was originally built in 1904 and was the only opera house between Winnipeg and Vancouver at that time," Heslip said. "It's historically a very significant building in our community, not only because of the incredible social status that place has always held, but it always has continued to operate as a venue for entertainment.

"But it, like many rural theatres or drive-ins, is still working with 35-mm format film, and the current owners are ready to retire, allowing the community the opportunity to purchase the theatre as a Community Arts Centre. The purchase of the building, addressing required maintenance issues, updating film projector, further programming development, along with a sustainability plan is all being spearheaded under the Main Street project. The successful acquisition of the Nite Hawk Theatre will not only be a significant economic driver, but will continue to be an intrinsic part of the culture of Indian Head."

Positive development, however, is another goal of the effort. "The other elements of the program focus on the promotion and marketing and economic development of the downtown core, as well as the community as a whole," said Heslip. "One positive venture we are undertaking this year is adding an outdoor Farmers' Market to the activity downtown, which will draw people from the region to the community to take part in and, in turn, check out some of our other amazing local businesses."

Needless to say, the project could require a great deal of time and patience. "It's a fairly all-encompassing program, and we have only been at it for a year and a half," Heslip said. "It will take many years. The funded portion of the program right now is a three-year program. Of course, we're looking at ways to sustain it longer term because there's some larger projects that we would love to see that, certainly, are unrealistic to have happen in the three-year period of time."

Heslip praises the municipality and the many community groups that have assisted in the project and will do so in the future. "The culture of our community is changing, and individuals and groups are embracing the challenge as we work together to further enhance our community."

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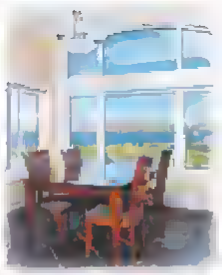
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The Bell Farm — *A piece of Saskatchewan history*

By Tony Playter
For L-P Specialty Products

Saskatchewan has a rich past and a truly important piece of our unique tradition is the Bell Barn, the last surviving structure from the province's first corporate farm venture.

Located near Indian Head, the barn was originally part of a corporate farming venture led by Major William Bell. According to Jerry Willerth, barn boss of the Bell Barn Society of Indian Head, Bell's original operation was massive.

"Major Bell came to Saskatchewan in 1882, before the railway even came through, and he developed this corporate farm," said Willerth. "He was well ahead of his time, as there was nothing here when he came and he developed a 55,000-acre farm."

The original historic Bell Barn was built around 1882 and within a year over 100 buildings were constructed on the corporate farm. This included rooms and accommodations for tenant farmers and a round stable for the farm horses.

After the barn suffered years of neglect, the Bell Barn Society of Indian Head was formed in 2006 to help preserve the unique site. The society launched a successful fundraising campaign and, in 2008, the original building was dismantled then rebuilt using many of the original stones.

Today, visitors can tour the restored barn, learn about the history of the farm and see a number of antique farming items on display.

"Inside the barn is an interpretive centre which documents the history and reconstruction of the site, along with antique artifacts like a telephone from that era," said Willerth. "The Bell Farm was one of the very first places to have a telephone in use in what was at that time the Northwest Territories."

Another interesting feature at the barn is a copy of the Visitors Register, which was created in 1884 and used from August 1884 until December 1895. The original register was preserved by the Bell family for over a century and is now permanently housed with the Saskatchewan Archives Board.

The register has the names of over 300 visitors to the Bell Farm. This list includes local residents, families, visitors from across Canada and Europe, and various military personnel and political dignitaries, such as Governor General Lansdowne.

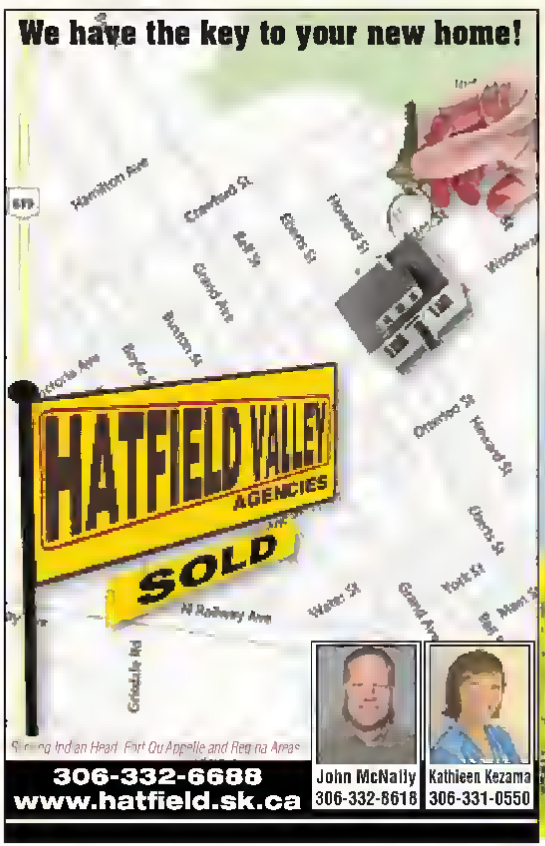
"Not everyone who visited the Bell Farm signed the register," said Willerth. "This historical document provides important insight into some of the many people who came to visit the best-known farm in Canada during the 1880s and 1890s."

Today, this impressive part of Canadian history also hosts many special events, corporate functions and weddings. The Bell Barn Society also holds an annual lobster dinner fundraiser and barn dances every fourth Saturday of the summer months to support the day-to-day operations of the Bell Barn.

Although the corporate farm didn't last a full decade, Saskatchewan's first round barn has flourished today because of the incredible efforts and passion of the members of the Bell Barn Society.

To learn more about the significance the Bell farm played in developing Saskatchewan into the province it is today, visit the Bell Barn just outside of Indian Head or go to www.bellbarn.ca. To book the Bell Barn for a special event or to enjoy an evening of barn dancing, call 306-695-2086.


Photo by Dan Loran



HISTORIC Indian Head Est. 1882 SASKATCHEWAN
. . . the town that has it all!
visit us at townofindianhead.com

Spray park becomes a reality

A group of dedicated volunteers has been working tirelessly since 2010 to see that the families of Indian Head will have a special spot to get together, have some fun and beat the heat. The volunteers have undertaken a mission to revitalize Dixon Park — located in the centre of town — and build a spray park there. It's an ambitious project for a town of approximately 2,000 residents, but the group has already met their fundraising goal and is hoping to open the park around the beginning of August.

"We are reclaiming the area back to a park area," said Jill Clark, vice chair of the Indian Head Dixon Park Revitalization — Spray Park Committee. "There will be trees, benches, a gazebo, picnic tables and landscaping."

A spray pool will be a fully accessible area (including for wheel chairs) for some members of the community who cannot easily access the local swimming pool due to its depth. Because it is too deep for young children to stand up in, each young child requires one adult in the pool with them.

Since no admission will be charged, the spray park will also eliminate financial barriers that might prevent some children from using the swimming pool on a regular basis.

It is also hoped that the park will help bring together area families that might not otherwise have had a chance to meet and interact. "We have a lot of commuters in town that work in Regina, and we want an opportunity for people to come out and build a sense of community and meet each other," said Clark. "It's a great place for people to go. The ball diamonds were just not being used."

Since the fundraising campaign began, the community of Indian Head has contributed by holding an outdoor cinema, garage sales, a broomball tournament and a medieval feast; publishing a calendar; providing cash donations and sponsorships; organizing a local craft show; and washing dishes at town socials and weddings. The project also received about $60,000 in grants from provincial, federal and corporate donors.

Even the children who hope to use the facility became involved in the fundraising process. "The kids all talk about the spray park and even donate their own change in hopes of getting it built all the sooner!" said Clark. Last summer, some of the community kids (ages two to 11) went door to door canvassing the town for funds, then organized a concert in which they choreographed and danced, raising over $330.

"That's the nice thing about this community — when they see a project that they're passionate about, they support it and get it to work. Indian Head has a strong base of people who want to make this town a better place for them and their children and are willing to work hard to do it. Our Dixon Park project is but one example of that," said Robyn Jensen, chair of the committee. "There's a lot of really good things happening in town here."

The Spray Park Committee invites you to visit their Facebook page to keep updated on their progress and for the date of their opening. Just visit Facebook and search for "Indian Head Splash Park."



The spray park project in Dixon Park has been making great progress, the committee in charge hopes to open the park around the beginning of August.
Photo supplied by Robyn Jensen

Indian Head Floral & Gift Boutique
"For All Occasions"
The Indian Head Floral & Gift Boutique will ensure whatever your taste or occasion they will find something to suit you





The Boutique offers fresh cut flowers in a wide range of floral designs, unique giftware and a complete line of gourmet food, clothing, jewelry and accessories.

Sherry excels at special event planning. Sherry will ensure every detail is taken into consideration, no detail is ever too big or too small.

The Floral & Gift Boutique carries fashions from...
- Frank Lyman Designs
- Joseph Ribkoff
- Jagg
- French Dressing
- Spanner
- Libra and more

The Boutique also specializes in Gourmet Gift Baskets.

We carry a huge line of gourmet foods including brand names of:

Stonewall Kitchen, Sable & Rosenfeld, Gourmet Village, and more

- Organic spices & teas
- Gourmet Baskets
- FOR ALL OCCASIONS



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Enhancing the community with Communities in Bloom

L-P Specialty Products

Since its establishment in 2005, Indian Head's Communities In Bloom committee has been working to both enhance its town's physical appearance and build community spirit.

"Communities in Bloom motto is 'People, Plants and Pride,'" said Gwen Johner, the Indian Head Communities In Bloom chairperson. "It speaks to the overall health of the community."

Communities in Bloom is a national program that encourages communities to enhance their towns. This results in both a beautification of the town and, as a secondary benefit, the chance to be recognized in a number of categories. These categories are Tidiness, Environmental Action, Heritage Conservation, Urban Forestry, Landscape, Turf and Ground Covers, Floral Displays, and Community Involvement.

Throughout its nine-year history, Indian Head's Communities In Bloom committee has worked both alone and with various members of the Indian Head community to enhance their town. Johner said that this has included everything from planting trees and flowers, to making the town's landfill more environmentally friendly.

Two of the committee's most recent projects are the reclamation of the town's "Red Hat" and the beautification of Grand Avenue.

Indian Head's Red Hat is a remnant of one of Esso's old Voyager Restaurants. According to Johner, the Red Hat in Indian Head is one of only two left in Canada — the other is in Prince Edward Island. Recently, the Communities in Bloom committee inherited the Red Hat and relocated it to an area beside the town's tourist booth.

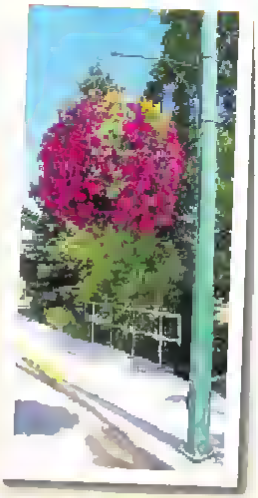
Since then, the committee and various volunteers have been working to make the Red Hat a beautiful gathering place within the town for residents and tourists. The hat was repainted by local painter Darcy Gares, and volunteers are now enclosing its dome with bird wire, levelling the space underneath for a picnic area and designing planters to surround each post. The committee also wants to post signage explaining the red hat's place in Canadian history.

Meanwhile, the committee has had many opportunities to partner with other organizations and groups. For example, the Communities In Bloom committee and Indian Head's Main Street Revitalization Project have placed four large planters along Grande Avenue.

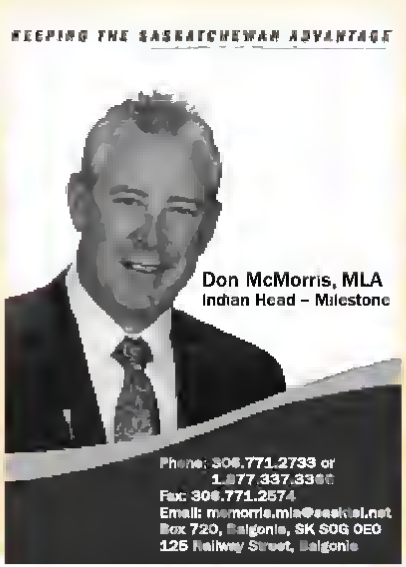
These planters showcase different trees and shrubs each year for residents to consider using in their own plantings. Another project in the works with the Main Street Revitalization Project is the reclamation of the recycle centre into a park that will include plantings, arbours, benches and tables. Working with others has been a strong point in the Communities In Bloom program.

But, Johner said, beautification isn't the only aspect of community life that is important to the committee. "Everybody thinks Communities in Bloom is all about flowers ... but it's about everything in your community," she said.

"Each of the criteria we are evaluated upon includes the importance of community involvement, by residents and by local government and business," Johner added. "Indian Head is unique to many other communities because our volunteer commitment is second to none. From the youngest — one of our floral custodians is seven — to our oldest [gardeners at the Golden Prairie Home], everyone feels the pride of looking after our wonderful town. Indian Head enjoys a quality of life that we are lucky to possess. We all work hard to maintain that!"









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Business Spotlight















DAY TRIPS

Have you been on a perfect Saskatchewan day trip? We want to hear about it. Email qc@leaderpost.com

#GRAVELBOURG

Get out of the city and get in touch with history

By Angelina Irinici

Wouldn't it be nice to jet off to Europe for the weekend? For most of us, that isn't an option. But there is a close alternative and it's right here in Saskatchewan. The historical town of Gravelbourg. After all, its motto is 'a touch of Europe in the Prairies.'

Just over a three-hour drive from Saskatoon and about two hours from Regina, the multicultural town of around 1,200 people has a lot to offer. In its earlier days, it was a principal French speaking community and the language can still be heard on the streets of Gravelbourg. It's home to eight different heritage buildings including The Convent of Jesus and Mary (now the elementary school), the courthouse, post office and the Gaiety Theatre, which is one of the last remaining movie theatres in rural Southern Saskatchewan. The popular Our Lady of the Assumption Roman Catholic Co-Cathedral is also a heritage site and Gravelbourg's assistant administrator Susy Martin's favourite thing about the town. "You just have to see it. It's breathtaking." Built in 1918, the cathedral took one year to build and 10 years to paint. The interior is complete with stained-glass windows, around 300 painted angels and three bells — one weighing 635 kg. It's still open for mass each weekend which is given in French and English.

The cathedral is part of the Gravelbourg and District Museum's Heritage Walking Tour. The guided tour lasts about 30-45 minutes and is offered in both French and English. The museum boasts exhibits from Gravelbourg's past like Dr. Antoine Soucy's medical collection (the town's first doctor), slides featuring advertisements shown during movies at the Gaiety Theatre in the 1940s and '50s and old photos of some of the houses in Gravelbourg. "People (like) to go visit the houses after they see the pictures," says tour guide Shannie Boudreault.

It costs $10 per person for the guided tour and entrance to the museum or $5 just for museum access. Summer hours are Monday-Saturday 9 p.m. to 6 p.m. and Sunday noon to 6 p.m. Tours are available by appointment all year round. Groups of more than five are suggested to call ahead and book an appointment; 306-648-2332.

Historical architecture isn't the only thing Gravelbourg has to offer. Val Michaud, the owner of Gravelbourg Mustard, makes prepared mustards right in Gravelbourg. She's proud to say that 60 per cent of the mustard grown in the world is grown in Saskatchewan. "That's a huge number. And what are we doing with that resource? Not too much. Or people just don't know that information," says Michaud. She and her team handmake (with the exception of one machine) six different flavours of prepared gourmet mustard: Saskatoon berry, cranberry French, German, the top-selling garlic and the brand new jalapeno flavour. She's also created two dry mustards, a cookbook and a cruet bottle. It's sold extensively in Saskatchewan and Alberta as well as in British Columbia and Manitoba. The mustard is available in four different locations in Gravelbourg: Styles, Café de Paris, Gravelbourg Co-op and Flowers etc.



The Our Lady of the Assumption Roman Catholic Co-Cathedral SUBMITTED PHOTO



Gravelbourg Mustard makes six different kinds of gourmet prepared mustard including Saskatoon berry and garlic flavours SUBMITTED PHOTO





Some of the medical supplies on display at the Gravelbourg and District Museum SUBMITTED PHOTO

WHERE TO EAT:

Cafe de Paris

306 Main Street, Gravelbourg

Monday to Friday 8 a.m. to 7 p.m. and Saturday 8 a.m. to 5 p.m.

The unique and cozy café serves things like paninis, wraps, sandwiches and salads and home baked goods. It has a variety of hot and cold drinks and also serves breakfast. Chefs in corporate Gravelbourg Mustard into some of the recipes.

WHERE TO SHOP:

Styles

300 Main Street, Gravelbourg

Monday to Saturday 10 a.m. — 5:30 p.m.

The store is divided into two parts and sells everything you can imagine from house wares and garden essentials to popular clothing brands to small appliances and furniture. There is a large discount section as well. The store (although not affiliated) is directly attached to Café de Paris.

WHERE TO STAY:

The Historic Bishops Residence Bed and Breakfast

112 First Ave. West, Gravelbourg

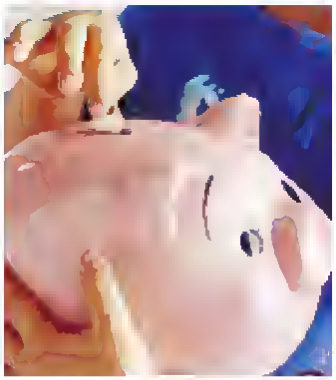
If you want to make the day trip into something a bit longer, the Historic Bishops Residence Bed and Breakfast is a unique way to do it. Built in 1918, the heritage building served as the bishop's residence from 1930 to 1998. It's since been turned into a bed and breakfast with a variety of room styles to choose from including ones with private fireplaces and balconies.

NEXT WEEK: How did you know you were pregnant?
Email QC@leaderpost.com

PARENT TO PARENT

Each week QC gathers advice from parents to share with other moms and dads. This week we asked:

At what age should a child receive an allowance?



"Giving an allowance is the start to teaching kids about welfare. Having kids do chores suitable to their age and strength teaches work ethic and to appreciate money you earn."
— Mark M. Donlevy

"When they are old enough to start doing their chores!" — Danny Amundrud

"We just started it. he is almost seven and he earns it by helping with the dog and cleaning but loses it when he doesn't listen or whines. so far so good!" — Janis Riise

"Mine were around five when we first taught them if they do something that helps out around the house without mommy and daddy asking for it to be done. they would receive a golden coin! My boys loved the golden coin system. It was just like what the leprechaun would bring they told us. Needless to say, I'm sure they each have bigger pots of gold than we do now."
— Adele Bandet

"When they start school!" — Crystal Skrupski

"Allowance for what? I don't really believe in money rewards for doing things that everyone in the house should be a part of."
— Macarena Yanez

"We have a system where you get a check mark up for good behaviour and a check mark down when you have trouble listening. When you achieve 10 marks you get an allowance equal to your age (eight years equals $8). It's been working really well for a year now." — Katrina German

"All of my children started receiving allowance when they were born. Every Saturday I give them half their age (my six-year-old gets $3/week) in money which they can put into their piggy banks. He now has over $500 in the bank just from this money alone." — Nicole Storms

"An allowance will depend on the child's maturity and need for money. They are too young right now and don't appreciate the value of an allowance." — Carla Contreras

"I think at about nine or 10 years old is appropriate." — Shelly Lambert

"I think when a child is old enough to complete some chores at home they're ready for an allowance. It doesn't necessarily have to be a large sum, just a small token to acknowledge the work the child has done and show them that with responsibilities comes rewards."
— Michelle Grodecki

"As long as the child is old enough to understand the concept of allowance, which I think is usually around age seven or eight."
— Nikki McInyk

"I have yet to figure this one out. My kids are seven and nine and I know we've done a less than stellar job at teaching them about money thus far!" — Terri Leniuk

"I don't give my kids an allowance. Never have. They work (for their grandparents' cleaning business) and have for a few years. It teaches them responsibility."
— via Twitter @iluvsmooches

"We started at age four. He has to clean up his toys, otherwise no cash."
— via Twitter @SaskGatz





READ MY BOOK

Local AUTHORS: Writers tell us what makes their book worth reading

HENRY K. RIPPLINGER

Angelic Letters a miraculous experience

When I was in my 40s one of my main aspirations as a guidance counsellor was to write a self-help book. While I made several attempts to do so, family work and developing my art career overshadowed my goal to write the book. I have always believed however that if one has a dream, a burning passion in his heart, that it will one day come to pass. I would never have envisioned the wonderfully creative way it would come about.

In 2000, I had an extraordinary "spiritual" experience which I now refer to as the angelic occurrence. It haunted me for years, almost begging me to write about it. Then one morning in 2005 as I sat in the sunroom of our farm watching the sun come up, it came to me like a lightning bolt, the deeper meaning of the occurrence. It was not only a testament to the enduring miracle of love, but that it involved guardian angels and miracles.



Henry Ripplinger

Stepping out in faith, I immediately picked up a pen and scribbler on the end table and simply began to write. It was my intention to write about this unbelievable experience, but within days the book began to have a life of its own. Through the development of the characters, lessons of life began to emerge. In the weeks and months which followed I realized that I was writing my self-development book. What's more, rather than describe a series of dos and don'ts as I would have if I had written the book earlier in my life, it came to me that wisdom, teachings and lessons are far better absorbed intellectually, emotionally and spiritually through a story.

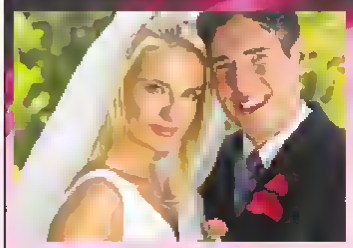
The Angelic Letters Series couldn't have made a more perfect storyline combination. On the one hand, we have a tender-hearted epic love saga that has blossomed into an intriguing plot captivating the hearts and minds of so many readers. But on the other hand, we have the real essence of the story which are the life lessons revealed to us by the characters, especially Mr. Englemann, an endearing and wise elderly man who becomes the main character's mentor.

Pewter Angels, Book 1 in the Angelic Letters Series, has won two Gold Medal Awards in 2011/2012: the Independent Publishing Book Award in Religious Fiction and the Living Now Book Award in the Inspirational Category. Book 2, Another Angel of Love, won the 2012 Silver Medal Independent Publishing Book Award and Book 3, Angel of Thanksgiving, became a Canadian bestseller in less than two months. Book 4, The Angelic Occurrence, was released this past April and is already a Canadian bestseller. Both Pewter Angels and Another Angel of Love are currently listed in the Globe and Mail top 10 bestsellers in Canada. The combined sales to date exceed 80,000 books.



For more information on the Angelic Letters Series visit www.henryripplinger.com

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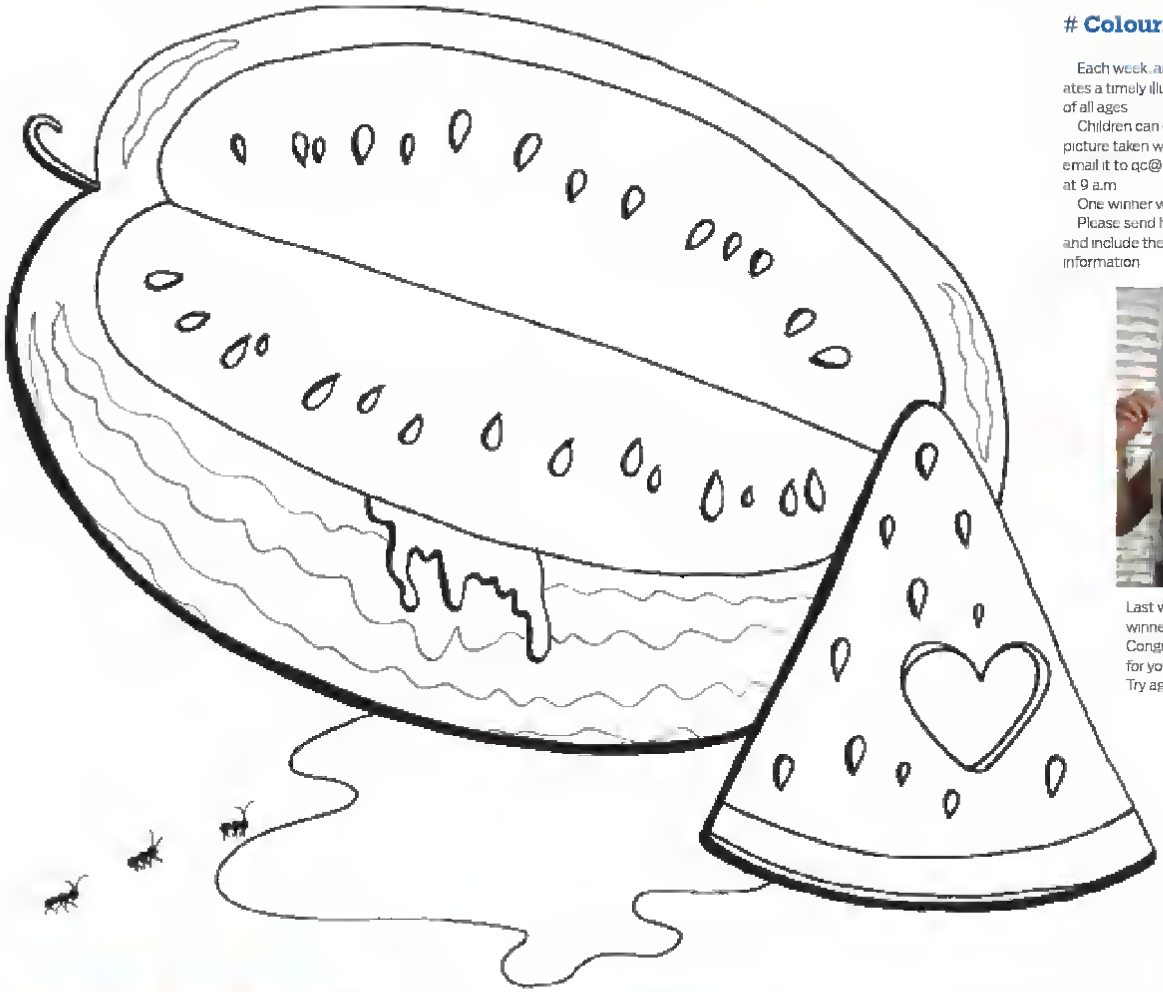
How do you find Regina's new home listings?



Start with

www.reginahomebuilders.com

OUTSIDE THE LINES



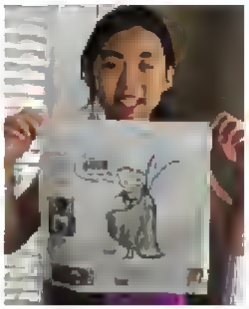
Colouring contest

Each week, artist Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to qc@leaderpost.com by Monday at 9 a.m.

One winner will be chosen each week.

Please send high-resolution pictures and include the child's name and contact information.



Last week's QC colouring contest winner was **Grace Liu.** Congratulations! Thanks to all for your colourful submissions. Try again this week!



EVENTS

MUSIC

Thursday, July 18

Defro
Noon, Regina Downtown summer concert series
FW. Hill Mall, Scarth Street

Smoke Break
McNally's, 2226 Dewdney Ave.

The Valentinos
The Pump, 641 Victoria Ave E.

Friday, July 19

Big Chill Fridays with DJ Fatbot
The Lancaster, 4529 Gordon Rd

Sean Burns Band
McNally's, 2226 Dewdney Ave

Samantha Savage Smith with Lab Coast
O'Hanlon's, 1947 Scarth St

The Valentinos
The Pump, 641 Victoria Ave E.

Sonic Orchid
The Slp, 3D6 Albert St.

Saturday, July 20

Reba McEntire
Brandt Centre, Evraz Place

Sean Burns Band
McNally's, 2226 Dewdney Ave.

Kroovy Rookers, Zero Cool, Soiled Doves
The Club at the Exchange 2431 8th Ave.

The Valentinos
The Pump, 641 Victoria Ave E

Sonic Orchid
The Slp, 3D6 Albert St

Jordie Lane
The Artful Dodger
1631 11th Ave

Sunday, July 21

Weak Link, The Man and His Machine, FPG
The Club at the Exchange 2431 8th Ave.

Board to Death skate park fundraiser
Featuring Jah Cuttah and Determination, Pimpton
The Exchange, 2431 8th Ave

Monday, July 22

Monday Night Jazz & Blues: Whiteboy Slim
Bushwakker
22D6 Dewdney Ave

West of Hell, Deadrot
The Exchange, 2431 8th Ave

Tuesday, July 23

Jam Night
Every Tuesday 8 p.m.
Bocados, 2D37 Park St.

Government Town with Riva
O'Hanlon's, 1947 Scarth St

Gigantour
Featuring Megadeth, Black Label Society, Device, Heliyca, Newsted and Death Division
Brandt Centre, Evraz Place

Wednesday, July 24

Wednesday Night Folk: Becky & The Jets
Bushwakker
22D6 Dewdney Ave.

Jam Night
Every Wednesday
McNally's, 2226 Dewdney Ave.

Elliott Brood
The Artful Dodger
1631 11th Ave.

Jenny Berkel
Creative City Centre
1843 Hamilton St

Squeeze of Scotch
The Knotted Thistle
4177 Albert St.

ART

The Power of Music: Sustainability and the Junos
Until July 31, Royal Saskatchewan Museum, 2445 Albert St

Legs
Photography and media art by Kris Brandhagen
Until Aug. 5
Fifth Parallel Gallery, U of R Riddell Centre
3737 Wascana Parkway

Please Stare
Videos comment on ads in public visual space
Until Aug. 9, Neutral Ground #2D3-1856 Scarth St

Cautionary Tales
Watercolours by Joseph Anderson
Until Aug. 11, Dunlop Art Gallery – Central Library, 2311-12th Ave

The Artists of Scott Nicholson Fine Arts
Until Aug. 21, Regina Centre Crossing, 1621 Albert St

Procession West
Large format black and white photographs by Robert Michiel and Robert Pohl capture the frontier spirit, the wide open spaces and the raw ruggedness of the western provinces
Until Aug. 23, Art Gallery of Regina, 242D Elphinstone St

Play
An interactive installation by Kathleen Irwin and Jeff Morton, using piano sound and images
Until Aug. 25, Dunlop Art Gallery – Central Library, 2311-12th Ave

Dimensions
Saskatchewan Craft Council show, Until Aug. 25
MacKenzie Art Gallery, 3475 Albert St

David Garneau
Until Aug. 31
Mysteria Gallery, 27D6 13th Ave

How We Filled the Vault: 6D Years of Collecting at the MacKenzie Art Gallery
Until Sept. 1, MacKenzie Art Gallery, 3475 Albert St.

Sam Steele: The Journey of a Canadian Hero
Until Sept. 2, RCMP Heritage Museum, 59D7 Dewdney Ave.

How to Make a Monster
Until Oct. 2D, Sask. Science Centre, 29D3 Powerhouse Dr.

Greatest Hits: The Juno Tour of Canadian Art
Until Nov. 24, MacKenzie Art Gallery, 3475 Albert St.

Assiniboia Gallery
2266 Smith St
Open Tuesday to Friday 1D a.m.-5.3D p.m., Saturday 1D a.m.-5 p.m.

Nouveau Gallery
2146 Albert St.
Open Tuesday to Saturday, 1D a.m.-5 p.m.

Slate Fine Art Gallery
2D7B Halifax St
Open Tuesday to Friday, 1D a.m.-6 p.m., Saturday 1D a.m.-5 p.m.

COMEDY

Comedy Grind
Every Saturday night
Gabbo's, 2338 Dewdney Ave.



Country music icon Reba McEntire will perform at the Brandt Centre on Saturday
FILE PHOTO

What you need to know to plan your week.
Send events to bridges@thestarphoenix.com

THEATRE

Les Miserables
Evening shows July 16-21, matinees July 20 and 21
Conexus Arts Centre, 200 Lakeshore Dr.

The Trial of Louis Riel
July 17-19, July 24, 7:30 p.m.
Shumiatcher Theatre, MacKenzie Art Gallery, 3475 Albert St.

Spirits of the Trail
July 21, 2 p.m.
RCMP Heritage Centre

Bottome's Drama
By Embrace Theatre
July 21, 7:30 p.m.
Creative City Centre, 1843 Hamilton St

SPECIAL EVENTS

Annual garden bus tour
Includes Regina and surrounding area, hosted by the Regina Horticultural Society.
July 18, all day
Meet at Southland Mall parking lot, northwest corner, at 8:30 a.m. Call 306-586-5191 to reserve your seat.

I Love Regina Day
Free barbecue, children's activities, music and more
July 18, 11 a.m.-2 p.m. (Rescheduled from July 6)
City Square Plaza, downtown

Yoga Party
July 18, 5-6 p.m.
Victoria Park, downtown

Salsa on the Plaza
Hosted by Regina Salseros
July 18, 7-10 p.m.
City Square Plaza, downtown

Art in the Park
Hosted by the Dunlop Art Gallery
July 19, noon-1:30 p.m.
Victoria Park, downtown

Friday Film Fun
Escape from Planet Earth
July 19, 2:30-4:30 p.m.
Royal Sask. Museum, 2445 Albert St



Audiences have been getting drawn into the story of Les Miserables for decades. Shows run from July 16-21 at the Conexus Arts Centre. FILE PHOTO

Collector Car Group Auction
July 19, 5 p.m., July 20, 8 a.m.-evening
Credit Union EventPlex, Evraz Place

Regina Red Sox vs. Weyburn Beavers
July 19, 7:05 p.m.
Currie Field, Ring Road and Winnipeg Street

Regina Farmers' Market
Every Saturday, 9 a.m.-1 p.m.
City Square Plaza, downtown

Pals from the Past
Saturdays in the Summer
July 20, 11 a.m.-3:30 p.m.
Royal Sask. Museum, 2445 Albert St

Regina Red Sox vs. Saskatoon Yellow Jackets
July 20, 7:05 p.m.
Currie Field, Ring Road and Winnipeg Street

Regina Red Sox vs. Weyburn Beavers
July 21, noon
Currie Field, Ring Road and Winnipeg Street

Saskatchewan Roughriders vs. Hamilton Tiger-Cats
July 21, 5 p.m.
Mosaic Stadium

YogaFlow with Genevieve Hoabar
July 22, noon-1 p.m.
Victoria Park, downtown

Crafts and Activities with Government House
July 23, 9:30-10:30 a.m.
Victoria Park, downtown

Chess in the Park
July 23, 11:30 a.m.-1:30 p.m.
Victoria Park, downtown

Ultimate Frisbee
July 23, 5:15-6:30 p.m.
Victoria Park, downtown

Sunset Retreat Ceremony
July 23, 6:30 p.m.
RCMP Depot Division, 5600 11th Ave.

Regina Red Sox vs. Yorkton Cardinals
July 23, 7:05 p.m.
Currie Field, Ring Road and Winnipeg Street

Regina Farmers' Market
Every Wednesday, 9 a.m.-1 p.m.
City Square Plaza, downtown

Words in the Park
Hosted by Saskatchewan Writers' Guild
July 24, noon-1 p.m.
Victoria Park, downtown

Divas in the Park: An Ungolf Experience
July 24, 1 p.m.
Wascana Centre

Cinema Under the Stars
Peter Pan. Pre-show activities, music by Kerri Senkow, activities with the Saskatchewan Science Centre, Saskatchewan Filmpool Short Film Selection: Scotty
July 24, 8 p.m.
City Square Plaza, downtown

NEW MOVIES

Turbo
Family/Animated
A garden snail named Turbo (Ryan Reynolds) dreams of becoming the world's fastest snail. However, his obsession with speed makes him an outsider in his slow snail community. Then after a freak accident one day, Turbo realizes he has been given the power of incredible speed.

The Conjuring
Thriller
World renowned paranormal investigators Ed and Lorraine Warren (Patrick Wilson, Vera Farmiga) are called to help a family terrorized in a secluded farmhouse. Forced to confront a powerful demonic entity, the Warrens find themselves caught in the most horrifying case of their lives.

RED 2
Action
Retired black-ops CIA agent Frank Moses (Bruce Willis) reunites his team of elite operatives for a global quest to track down a missing portable nuclear device.

R.I.P.D.
Comedy
Two cops (Ryan Reynolds, Jeff Bridges) are dispatched by the otherworldly Rest in Peace Department to protect the living from increasingly destructive souls who refuse to move peacefully to the other side.

Galaxy Cinemas
420 McCarthy Blvd. N.
306-522-9098

Cineplex Odeon
Southland Mall Cinemas
3025 Gordon Rd., 306-585-3383

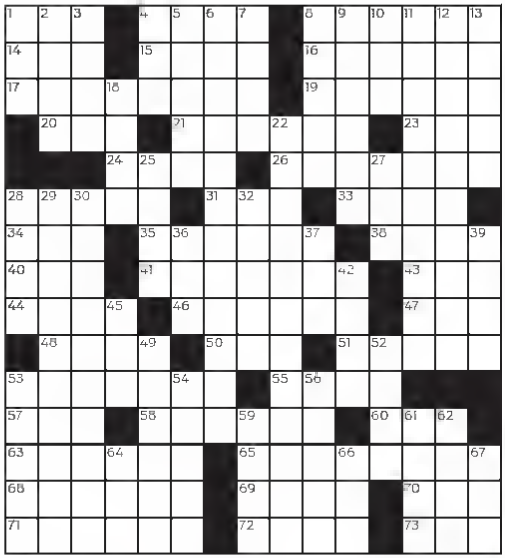
Regina Public Library Theatre
2311 12th Ave., 306-777-6104

Kramer Imax
2903 Powerhouse Dr.
306-522-4629

Rainbow Cinemas
Golden Mile Shopping Centre
3806 Albert St., 306-359-5250

#CROSSWORD

NEW YORK TIMES *Edited by Will Shortz*



PUZZLE BY DAVID STEINBERG

ACROSS

1 Rowdydow
4 Its logo's letters have a stripe running through them
8 2004 sci-fi film based on a 1950 book
14 Fix
15 African healer
16 Eerie phenomenon
17 *Some vacation travel
19 Atom who directed "The Sweet Hereafter"
20 90° from N?
21 Say inaudibly
23 Flamenco shout
24 Border
26 Will certainly receive
28 Tay and Fyne
31 "Toddlers & Tiaras" airer
33 Cream ___
34 Loan letters
35 Nicole Polizzi familiarly
39 Toned
40 Place to gambol
41 *Caboose
43 Long in Hollywood
44 Start of many a tale
46 English word derived from Tswana
47 Seventh-century start
48 ___-Lo (I Wish" rapper)
50 ___ equivalent (measure of explosive energy)
51 Chicken for a chicken dinner
53 Flips
55 Palindromic emperor
57 Birth control option briefly
59 He wrote "Hell is other people"
60 Mauna ___
63 Acts the curmudgeon
65 2012 software release or a hint to the starts of the answers to the starred clues
69 Understood by few
69 Axe target?
70 Fraternity character
71 Pint size
72 Next word after "Wherefore art thou Romeo?"
73 Not too smart

DOWN

1 Tangent starter?
2 "Bad Teacher" star, 2011
3 "Hop-o'-My-Thumb" figure
4 Mr. Potato Head piece
5 Virginia ___
6 *What makes bread rise?
7 Natural hatchery
8 ___ fixes
9 Fix, in a way, as golf clubs
10 Eye, south of the border
11 *Area with the world's highest tides
12 *Bushes were once found there
13 One concerned with pitches
18 Virginia ___
22 *1965 hit that ends "My baby don't care"
25 Apt anagram of "Russ"
27 Small lump
29 French composer Edouard
29 *Like Linux
30 *Frozen daiquiri ingredient
32 "The Millionairess" star, 1960
36 Rim attachment
37 Trade ___
39 50/50, say
42 Nimble
45 Certain M.I.T. grads
49 Gallery supporters?
52 Hershey brand
53 Political commentator Paul
54 Sickly pale
56 Dovetail joint part
59 Like most movies
61 Was behind, in a way
62 Palazzo Alfieri's locale
64 "Poultry in motion," e.g.
66 Like claret
67 Rush-hour hour

#JANRIC CLASSIC SUDOKU

Level: Silver

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.

The difficulty level ranges from Bronze (easiest) to Silver to Gold (hardest).

5		6	7			9		
			1					5
9		1				6		
				4		8		1
	6		5		7		4	
1		4		2				
		5				2		9
6					3			
		3			2	4		6

Solution to the crossword puzzle and the Sudoku can be found on Page 39





ASK ELLIE

Couple needs to heal together after husband's affair



Q My husband of five years had a two month affair with a co worker last year It ended when I found out and confronted them both

We went through 10 sessions of counselling before his company's benefits ran out For the past six months, we've had several other stressful personal events.

But we hadn't fully dealt with the damage done to our marriage in the first place.

What's worse, he still works with this woman as he's been unable to find another job despite numerous interviews. Quitting isn't an option, as we can't afford our mortgage on one salary We also have young children

Although we've committed to staying together, he seems quite happy to just forget about it and never speak of it again This leaves me still bitter angry and hurt at his actions even though it was almost a year ago We can't afford more counselling How do I raise the topic again and tell him that I'm still really hurting?

Still Hurt

A When the benefits become available again, get back to counselling But meanwhile read Janis Spring's After the Affair and show him some of the passages — explanations of discussions and behaviours that are needed to heal together from this affair — that have meaning for you

Just raising the topic, as in "I'm still hurt," can sound like yet another accusation (though deserved) more than a much-needed search for solutions on how to mend trust, and move forward as a couple

Mostly, you both have to talk honestly about why you each think it happened, and what still needs to change

Q My sister and I haven't had a good relationship since we were born She's 33, I'm 38, both raised by warm loving Asian parents

She appears a popular, bubbly, socially creative, fun extrovert, while I'm the introverted homebody When she has friends over she orders me out of our parents' house.

It's because I'm the most embarrassing total bore Last year when my boyfriend visited she hated him, labelled him as "Con artist," and told everyone how much she hated him

She also negatively labels guys who are attracted to her — "The Ugly Dentist, Gold digger, Shorty, The Toad, Mental, Loser, etc." Those guys are still around (they all party together) Is it me? What can I do to let her be kinder to me?

Boring Eldest

A I don't know her side of what shapes your relationship, but your version makes her sound like an arrogant person who intimidates people, especially you

You also haven't said why you still live at home Adult sisters both living at home is a setup for sibling squabbles, and you two have a history of that it seems If you can find a way to gain some independence and get out to your own place, things will improve just by lessening contact

Also, by accepting her treatment of you "as a bore," she has no reason to stop Tell her you have as much right to be there as she does and only leave if you choose

Otherwise, avoid her in case she's verbally abusive, but establish your own way to be at home comfortably — e.g. with your own friend over in a separate area, watching a movie you enjoy, etc

Your loving parents must be aware of this rift, so talk to them, too They must see that it's not a healthy situation and perhaps will help you move somewhere affordable, nearby.

Q I fear I might lose my best friend when I tell her I dated her boyfriend in 10th Grade They're currently in a good relationship How do I tell her?

Worried Friend

A He might tell her, so be upfront soon Say he was very nice when you dated briefly, but it wasn't serious, when so young But you've all grown up more and he's so right for her, that you're very happy for them.

Q I'm going to college in Japan but I have social anxiety I need space to myself, but I also need some social life so I don't slip into a deep depression Should I move into an apartment, a shared house, or a dormitory?

Uncertain Student

A A shared house provides some space and some socializing See a therapist before leaving to get some strategies to handle the new situation Request email access in case you need to be in touch



Next week in QC

Kaitlyn Neufeld's rare decision to put her child up for adoption 'was best for her daughter'

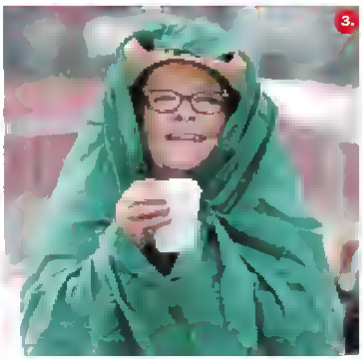
ON THE SCENE

See more On the Scene photos at
Facebook.com/QCRegina

CRAVEN COUNTRY JAMBOREE











ON THE SCENE

CRAVEN COUNTRY JAMBOREE

Thousands of people flocked to the Qu'Appelle Valley for the party of the summer last weekend. The Craven Country Jamboree ran July 11 to 14 drawing 23,500 music lovers from Regina and beyond. This year's incarnation of Canada's longest-running multi-day music festival (30 years and counting) featured the likes of Tim McGraw, Kenny Chesney, Gloriana and the Oak Ridge Boys, who played in place of a critically ill Randy Travis. QC was on the scene on Saturday. Though it rained all afternoon there was reprieve in the evening as the skies cleared in time for Doc Walker and the Dixie Chicks to perform.

1. A crowd gathers for shelter from the rain

2. Larry Mitschke

3. Donna Taylor

4. Sarah Prestwich, Amanda Krauchek and Miranda Button

5. Bev and Gord Simington

6. Pam and Patti Duesterbeck

7. John Bulhoes (second from left) and friends

8. Kristin Miller (centre) celebrates her birthday with friends

QC PHOTOS BY MICHAEL BELL





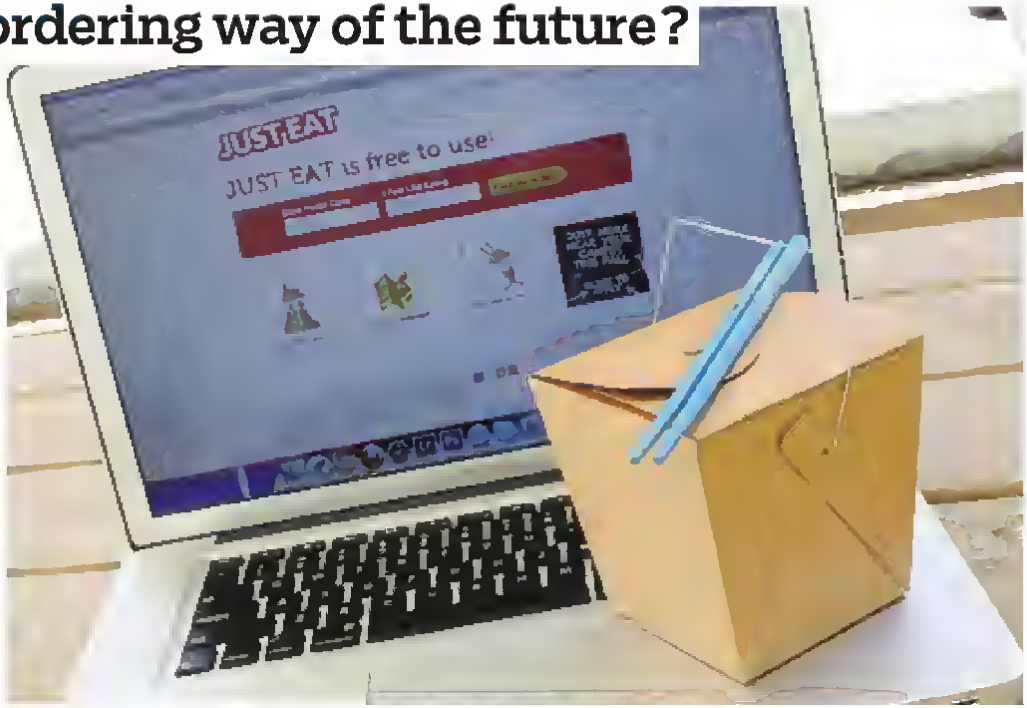


SHARP EATS

SASKATCHEWAN FOOD TRENDS

Online food ordering way of the future?

By Jenn Sharp



A complete meal delivered to your door is just a few clicks away with Just-Eat.ca. QC PHOTO BY MICHELLE BERG

You're craving pizza but don't want to phone for delivery and he put on hold. Maybe you want lunch delivered to your office but will be in meetings so you need to pre-order.

This is where an online food delivery service comes in handy. Just-Eat.ca launched recently in Regina and Saskatoon. (The province's first online food ordering system, Skip the Dishes, started in Saskatoon then later in Regina, last year.)

At press time, Just-Eat has 24 restaurants listed in Saskatoon and 14 in Regina. The beauty of ordering food online is that you get the food you want when you want it. You're never put on hold and there are no misunderstandings that can happen when an order is taken over the phone. Restaurant owners love the lack of confusion and site users appreciate the simplicity. Popular in Asia for years, many predict online food ordering will make calling a restaurant for takeout obsolete in the future.

Just-Eat's site is easy to navigate and includes a form for special instructions. The mobile site is only slightly less user-friendly. A screen prompting you to "tip the driver" appears before one orders food but doesn't come up again. It's difficult to know how much to tip the driver until you know your food total at the end. I would have liked to see this screen again before the final order is sent.

I chose three different times to order food from Just-Eat restaurants in both cities. The first order from Swadesh (South Asian food) in Saskatoon went smoothly. I quickly received a confirmation email and later a phone call from the restaurant to inform me one of the items was unavailable. The food took about 45 minutes — not uncommon over the busy dinner hour. I was less impressed with the quality of the various veg dishes but that's a whole other story.

I ordered on Canada Day from the Pita Pit in downtown Saskatoon (by the way, delivery is $6 for orders below $40 so you better really want that pita!). I liked Just-Eat's online form for choosing toppings and sauces and can see the benefit of ordering something like this online. I also left specific delivery instructions since I was at the office and the main doors were locked on the holiday.

The delivery driver was never given these instructions (he was actually given the wrong address entirely) which resulted in him walking around outside for 15 minutes trying to find the right door. A Pita Pit employee eventually called me but my pita was a soggy mess by the time I got it.

The driver later told me he usually gets to see all instructions along with a contact phone number left on the Just-Eat order. In other words, the system works great when it's used properly.

The best experience by far was from Afghan Cuisine and Family Restaurant in Regina when I tried Just-Eat's pre-order option. Once Afghan Cuisine opened, I got a confirmation email. The food (which was delicious) arrived piping hot and 10 minutes ahead of schedule. Afghan Cuisine's menu has a few items I hadn't heard of, but with the excellent online descriptions, I felt confident trying a few new things.

I can certainly see the advantages the site would have for a busy family — dinners could even be pre-ordered during the work day to arrive as everyone gets home. The only downside is that it's hard for a solo diner to order from the site. Many restaurants don't offer delivery below $25 or even $40 which forces one to order a lot of food or in the case of Pita Pit, to shell out $15 (after tip) for a pita. Convenience is awesome but be prepared to pay for it.

Just-Eat's marketing campaign takes advantage of the fact many families are too busy to cook. "Don't cook tonight!" is displayed prominently on the site's main page. This anti-cooking message speaks to parents feeling guilty about ordering takeout.

A playful YouTube video on the blog proclaims "cooking is more difficult than following a recipe from a cookbook. Don't cook. Just eat!"

Another post decries celebrity chef meals that claim to only take 15 or 30 minutes to make. "Jamie Oliver's Asian Fish and Ultimate Pork Tacos in 15 minutes? Ultimately impossible! It should take 10 to 15 minutes alone to cook your pork," claims one post.

I can appreciate all this from a marketing standpoint but from a foodie's... It makes me cringe. Research has shown obesity rates are directly tied to how much one cooks at home versus dines out. In my personal experience, kids that help out in the kitchen from an early age usually have a healthier relationship with food and enjoy cooking later in life. There's nothing wrong with ordering in once in a while but to make it a daily habit, whilst disparaging cooking, is a misstep.

Just-Eat was founded in Denmark in 2000 and is now based in the U.K. Worldwide, 13 countries have signed up. Just-Eat Canada operates in 150 cities and is launching a mobile app for takeout on the go Aug. 1.

Check out the site for yourself at www.just-eat.ca and let me know what you think.

On Twitter @JennKSharp or email jksharp@thestarphoenix.com.

WINE WORLD

RUFFINO ORVIETO CLASSICO

Pasta primavera calls for Italian summer sipper

By James Romanow

For the last month I've been very cheerfully dining on local food and pasta primavera. There is absolutely nothing easier to make than primavera. Sautéing spinach can be a bit tricky but otherwise we're talking dinner in 15 minutes. Anyway, I used asparagus here.

Essentially you cook and drain noodles of your choice. Saute briefly the veg of your choice and turn off the pan. Squeeze half a lemon over the veg, add noodles and toss. At this point you can add a splash of white wine, or zest of the lemon rind, and toss further. You can also add some raw veg on top for colour, like tomatoes, fresh sweet or hot pepper.

The wines of choice for such fare are Italian. Unfortunately not many in Saskatchewan drink Italian whites other than rather insipid versions of Pinot Grigio, so the selection is limited. On the other hand, there is absolutely nothing wrong with a nice Soave (they appear occasionally) or Orvieto.

Orvieto is a blend of Procaino, Grechetto and other grapes. Trebbiano, Verdello and Malvasia are all allowed. Depending on the producer, there is a fair amount of variation. Ruffino tends to be traditionalist but with Orvieto that statement covers an awful lot of vinification and blending techniques.

Vinification be darned — how does it taste?



Fabulous! It has a great bouquet of flowers and green apples and a definite herbal smell, (sage is what I get). It is ever so slightly sweet with a perfect balance between fruit and acidity. The finish is lightly mineral due to the chalky soil of Orvieto.

In short it's the perfect summer sipper. Buy some spinach and Orvieto and see for yourself.

Ruffino Orvieto Classico, Italy 20 12 $13 ****

More fresh wine reviews in Monday's Leader-Post or @drbooze on Twitter.

Crossword/Sudoku answers



5	2	6	7	8	4	9	1	3
3	4	8	1	6	9	7	2	5
9	7	1	2	3	5	6	8	4
2	5	7	3	4	6	8	9	1
8	6	9	5	1	7	3	4	2
1	3	4	9	2	8	5	6	7
4	8	5	6	7	1	2	3	9
6	9	2	4	5	3	1	7	8
7	1	3	8	9	2	4	5	6

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